

THE Stew Pot

OF CANADA LTD.



15207 STONY PLAIN ROAD

EDMONTON, ALBERTA

Grace

Bless us, O Lord, and there Thy gifts,
which we are about to receive from
Thy bounty. Through Christ our Lord.
Amen.

Lift up your hands toward the San-
ctuary and bless the Lord. Blessed
art Thou, O Lord our God, King of the
Universe, who bringest forth bread
from the earth.

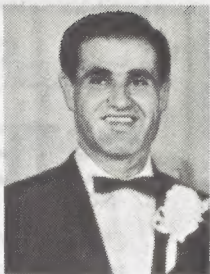
Amen.

Biess, O Lord, this food to our use, and
to Thy service, and make us ever mind-
ful, of the needs of others, in Jesus
name.

Amen.

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STANDARD METAL PRODUCTS

AS A PROUD "NEW
CANADIAN" warmly
welcomed to the Can-
adian Way of Living,
only six years away from
the Middle East, I now
take pleasure in welcom-
ing you to the "new look"



in food enjoyment. I offer a brand new idea —
another "Canadian First" in food service and
dining pleasure, whether you eat with me, at
home, in your car or at the office. In Canada
we are all accustomed to seeing the democratic
process in action, and the STEW POT will be no
exception. You, the valued client, with your
welcomed suggestions and criticisms, will help
me to set the policy of the STEW POT.

I invite you to come and visit the STEW
POT and dine with your host.

Eddy Haymour

ABOUT OUR DELICIOUS

STEW

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CALORIE CHART

Breadstuffs

Calories

Boston Brown Bread Slice	1	64
Corn Bread pce.	1	72
Rolls French, Roll	1	112
Rye Bread, Slice	1	76
White Milk Bread, Slice	1	76
Whole Wheat Bread, Slice	1	74

Cereals

Ounce

Calories

Barley Pearled	1	104
Bran	1	104
Bran Unwashed	1	70
Corn Flakes	1	95
Cornmeal Dry	1	110
Cornstarch Dry	1	102
Cream of Wheat Dry	1	102
Macaroni Dry	1	98
Rolled Oats Dry	1	113
Rice Dry	1	112
Spaghetti	1	95
Tapioca	1	95

Crackers

Ounce

Calories

Soda Crackers	1	118
Graham Crackers	1	118
Saltine Crackers	1	112

Recipe

RICE

- 1 oz. Butter
- 1 cup Onions (Chopped Fine)
- 2 cups Rice
- 4 cups Water
- Salt and Pepper

Melt butter in sauce pan, add onions and fry lightly till clear. add rice and mix well.

Add water and bring to a boil. Season.

Cover pan and place in pre-heated oven 350 degrees for 25 minutes.

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Flours

	Ounce	Calories
Arrowroot Flour	1	104
Buckwheat Flour	1	102
Graham Flour	1	108
Rice Flour	1	96
Rye Flour	1	118
White Flour	1	118
Whole Wheat	1	100

Dairy Products

	Ounce	Calories
Butter	1	215
American Cheese	1	125
Camembert Cheese	1	80
Cottage Cheese	1	31
Cream Cheese	1	94
Edam Cheese	1	112
Roquefort Cheese	1	104
Swiss Cheese	1	120
Whipping Cream 40%	1	110
Egg, Medium	1	70
Buttermilk	1	10
Whole Milk	1	20
Skimmed Milk	1	10

Fats

	Tbsp.	Calories
Bacon Fat	1	135
Chicken Fat	1	135
Lard	1	135
Goose Fat	1	135
Margarine	1	126
Olive Oil	1	135
French Dressing	1	90
Mayonnaise	1	135
Thousands Island Dressing	1	135
Peanut Butter	1	92



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Fruit — Cooked or Canned

	Ounce	Calories
Apricots	1	25
Baked Apple, Small	1	65
Blackberries	1	70
Blueberries	1	18
Cherries	1	26
Cranberries	1	9
Peaches	1	15
Pears	1	20
Prunes	1	26
Strawberries	1	28

Sugars

	Ounce	Calories
Corn Syrup	1	95
Honey	1	95
Maple Syrup	1	85
Molosses	1	88
Brown Sugar	1	110
Cube Sugar, 5 Cubes	1	110
Sugar, Granulated	1	110
Powdered Sugar	1	110

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Fish

	Ounce	Calories
Sea Bass, Raw	1	23
Caviar	1	85
Cod Steak, Raw	1	24
Crabmeat, Canned	1	23
Finnan Haddie, Raw	1	41
Haddock, Raw	1	20
Halibut, Raw	1	34
Herring, Pickled	1	33
Lobster Meat, Raw	1	23
Oysters, Raw	1	15
Salmon, Canned	1	55
Salmon, Fresh, Raw	1	55
Sardines, Canned	1	75
Shrimps, Canned	1	30
Lake Trout, Raw	1	41
Tuna, Canned	1	78

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Don's Shoe Shine

Recipe

ITALIAN SPAGHETTI SAUCE

- 1 cup Onions (Chopped Fine)
- 1 Clove Garlic (Chopped Fine)
- ½ cup Green peppers (Chopped Fine)
- 1 cup Mushrooms Sliced
- 2 Chile Peppers (Ground)
- 1 Tsp. Oregono
- 1 cup Oil
- 1½ cups Flour
- 2 cups Tomato Paste
- 1½ qts. Water
- 2 Tbsp. Sugar
- Salt and Pepper (To Taste)

Chop onions, garlic and green peppers.
Slice Mushrooms.

Saute in oil in thick bottom pan over low fire, (10 minutes), add flour and cook (10 minutes.)
Add tomato paste and water and mix well
add sugar, salt and pepper and simmer 2 hours.

HU 9-8121

GL 5-8761

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Meat

	Ounce	Calories
Bacon, Crisp	1	148
Hamburger, Raw	1	45
Beef Kidney, Raw	1	35
Beef Liver, Raw	1	60
Beef, Lean	1	33
Beef Tongue, Pickled	1	67
Chicken, Raw	1	41
Chicken, Liver	1	40
Ham, Fresh Lean Raw	1	65
Ham, Smoked Lean Raw	1	75
Lamb Chop, Raw	1	75
Pork Chop, Lean Raw	1	72
Veal Chop, Lean Raw	1	45

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Recipe

OLD FASHIONED BROWN BEEF STEW

- ½ cup Shortening
- 2 lbs. Beef (Cubed)
- 1 lb. Onions (Cubed)
- 1 Clove Garlic (Chopped Fine)
- 1 Cup Flour
- 1½ qts. Water
- 1 Bay Leaf
- 2 lbs. Potatoes (Large and Cubed)
- 1½ lbs. Carrots (Cubed)
- Salt and Pepper

Melt shortening in pan. Add meat and place in hot oven till well browned (30 minutes). Add onion, garlic and cook (30 minutes). Add flour — mix well and cook (15 minutes). Add bay leaf and water. Stir well and cook till meat is tender.

Cook carrots and potatoes separately and add to stew just before serving.

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Recipe

BEEF STROGONOFF

- 1 lb. Beef (Steak) (Small Slices)**
- 1/2 lb. Mushrooms (Sliced)**
- 1/2 cup Shortening**
- 1 cup Onions (Sliced)**
- 1 clove Garlic (Minced)**
- 1 cup Flour**
- 4 cups Water**
- Salt and Pepper (To Taste)**
- 1 Cup Sour Cream**

Melt shortening in pan, add mushrooms, onions, garlic and meat — brown well.

Place pan in oven (400 degrees), and cook for 30 minutes. Add flour and cook 10 minutes.

Add water — stir well and cook 30 minutes, season to taste. Add sour cream just before serving. Serve with rice.

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Chicken Stew with Dumplings	69c
Old Fashioned Brown Beef Stew ..	69c
Steak and Mushroom Pie	79c
Chicken Livers Creole	69c

Chicken Stew with Dumplings	69c
Old Fashioned Brown Beef Stew ..	69c
Baked Sausage and Kidney Casserole	69c
Veal Scallopini	89c

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Old Fashioned Brown Beef Stew ..	69c
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Old Fashioned Brown Beef Stew ..	69c
Chicken Pot Pie	69c
Liver and Onion Casserole	69c

Chicken Stew with Dumplings	69c
Old Fashioned Brown Beef Stew	69c
Egg and Mushroom Pie	69c
Seafood Casserole	79c

Chicken Stew with Dumplings	69c
Old Fashioned Brown Beef Stew ..	69c
Italian Spaghetti with Meat Balls ..	69c
Braised Beef a la Mode	79c

69^c 69^c 69^c

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1961**

MONDAY, AUGUST 14 — REGINA

SATURDAY, AUGUST 19 — MONTREAL

MONDAY, AUGUST 28 — B.C. LIONS

SATURDAY, SEPTEMBER 16 — TORONTO

SATURDAY, SEPTEMBER 23 — WINNIPEG

SATURDAY, OCTOBER 7 — CALGARY

SATURDAY, OCTOBER 14 — REGINA

SATURDAY, NOVEMBER 4 — WINNIPEG

Recipe

CHILI CON CARNE

- 1 lb. Kidney Beans
- 2 Tbsp. Shortening
- 1 lb. Ground Beef (Coarse)
- 1 lb. Onions (Chopped)
- 1 Medium Green Pepper (Chopped)
- 1 tbsp. Chili Powder
- 1 Clove Garlic (Minced)
- 1 pod Chili pepper
- 1 cup Tomato Puree



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1 cup Flour

4 cups Water

1 tbsp. Sugar

Salt and Pepper (To Taste)

Soak beans overnight — drain, wash and boil till tender.

Place shortening in pan, add meat, onions, green pepper, garlic, Chili pepper, chili powder and cook till meat is done.

Add flour and cook 10 minutes, add tomato puree and water.

Mix with beans and cook 30 minutes. Add sugar and seasoning.

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Fifth	Wooden
Sixth	Sugar and Candy
Seventh	Wool or Copper
Eighth	Bronze or Pottery
Ninth	Willowware or Pottery
Tenth	Tin or Aluminum
Eleventh	Steel
Twelfth	Silk or Linen
Thirteenth	Lace
Fourteenth	Ivory
Fifteenth	Crystal
Twentieth	China
Twenty-fifth	Silver
Thirtieth	Pearl
Thirty-fifth	Coral
Fortieth	Ruby
Forty-fifth	Sapphire
Fiftieth	Golden
Fifty-fifth	Emerald
Sixtieth and Seventy-fifth	Diamond

Recipe

SWISS STEAK

- 2 lbs. Round Steak
- 1 cup Seasoned Flour
- Onions (Sliced)
- Celery (Sliced)
- 1 28 oz. Tin Tomatoes
- ½ cup Shortening
- 1 cup Flour
- 1 Clove Garlic (Optional)
- 1 Tbsp. Sugar

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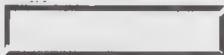


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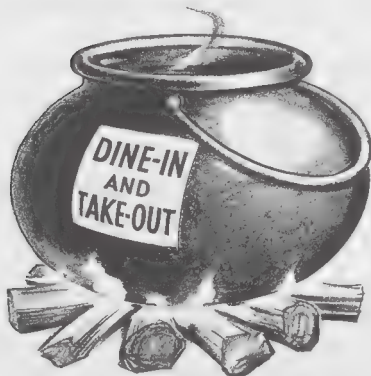
4 cups Water

1 tbsp. Sherry (Optional)

Cut steak to desired size, dredge in seasoned flour and pound with tenderizer.

Fry till well browned and remove from stove. Melt shortening in sauce pan, add onion, celery and garlic and cook till clear, add flour and cook 10 minutes, add tomatoes and water and cook 15 minutes. Add sugar, pour over steaks and place in 375 degree oven till steaks are tender.

Season and add Sherry.



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VEAL SCALLOPINI

- 1 lb. Mushrooms (Sliced)
- 1 lb. Onions (Chopped)
- 1 lb. Veal (Small slices)
- 1 Clove Garlic (Chopped Fine)
- ½ cup Oil
- 1 Tsp. Oregono
- 1 Pod Chili Pepper
- ½ cup Tomato Paste
- 1 cup Flour
- 1½ qts. Water
- 1 tbsp. Sugar
- 1 tbsp. Sherry
- Salt and Pepper (To Taste)

Pour oil in oven pan, add mushrooms, onions garlic, oregono, pepper pod and veal. Place in hot oven (450 degrees) until meat is well browned.

Add flour and cook 15 minutes — add rest of ingredients, mix well and let cook in 350 degree oven 1½ hours — stirring occassionally. Serve with noodles.

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1961

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JULY 17 to JULY 22

AUGUST 17 to AUGUST 28



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CALENDAR FOR 1961

JANUARY

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CALENDAR FOR 1962

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